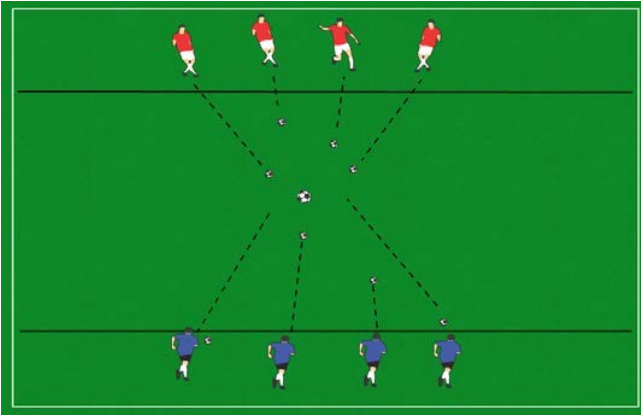




SESSION PLAN – Striking the Ball



BEGINNING – Bombard (30 x 20m)

Players are divided into two equal teams and stand on opposite sides of the playing area with a ball each. There is a target ball placed in the middle of the area (this ball is a different size or colour) Players pass their ball from their end line aiming to hit the target ball in the middle and move it across the opposition's by-line. Remind teams not to kick all of their balls at once as they may need a ball in order to defend the oncoming target ball approaching their line.

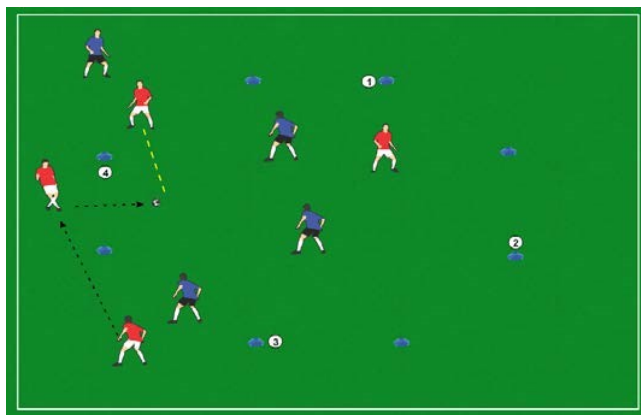
Can you encourage players to use both feet? Can you encourage players to identify when to strike the ball with accuracy or power?



MIDDLE – Passing through the gates (30 x 20m)

Players form pairs and count how many different gates they can pass through. Once they complete a pass through one gate, the player who received the ball will then run with the ball to another gate and pass it back to their partner through that gate. Teams will count how many gates they can pass through in 30 seconds or one minute. You can also see which team can be the first to pass through all of the gates and raise their hands when done.

Can you encourage players to use both feet? Can you encourage players to communicate effectively and work as a team?



END – 4 Sided Football (30 x 20m)

Players are organised into two teams with one match ball. For a team to score they must pass through a gate to a team mate on the other side. Players can score by passing the ball through either side of the gate (to a team mate on the other side)

Can you encourage players to implement the skills they have been practicing throughout the session?

COACHING BEHAVIOUR – Providing a challenge

- Providing players with a challenge will assist with their development
- Challenges will also keep players engaged and make football FUN
- All players will have different levels of ability so it is important to challenge each player individually (can you beat your own score? Can you use your weaker foot? etc)

JUST LET THEM PLAY